



HOW TO REDUCE BLOOD SUGAR

1 UNDERSTAND BLOOD GLUCOSE LEVELS

The first step to reducing blood sugar is to understand what makes blood sugar levels rise.

GLUCOSE

The carbohydrates and sugars in the food eaten turns into glucose (sugar) in the stomach and digestive system. Glucose can then enter the bloodstream.

INSULIN

Insulin is a hormone that is made in the pancreas and helps the body's cells take up glucose from blood and lower blood sugar levels.¹

In type 2 diabetes glucose builds up in the blood instead of going into cells because,²

The body develops "insulin resistance" and can't use the insulin it makes efficiently.



The pancreas gradually loses its capacity to produce insulin.

THE RESULT CAN BE A HIGH BLOOD GLUCOSE LEVEL.



2 LEARN & TRACK LEVELS

The AHA recommendation for healthy blood glucose is:³

Blood Glucose Range	Diagnosis	What It Means
< 100 mg/dl	Normal	Healthy range
100 to 125 mg/dl	Prediabetes (Impaired Fasting Glucose)	At increased risk of developing diabetes. ⁴
126 mg/dl or more	Diabetes Mellitus (type 2 diabetes)	At increased risk of developing heart disease or stroke.

1. http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia_UCM_445084_Encyclopedia.jsp
 2. Grundy SM, Benjamin LJ, Burke GL, et al. Diabetes and cardiovascular disease. *Circulation*. 1999;100(10):1134-1146. doi: 10.1161/01.CIR.100.10.1134.
 3. Fox CS, Golden SH, Anderson C, et al. Update on prevention of cardiovascular disease in adults with type 2 diabetes mellitus in light of recent evidence. *Circulation*. 2015;132(8):691-718. doi: 10.1161/CIR.0000000000000230.
 4. Mozaffarian D, Benjamin EJ, Go AS, et al. Heart disease and stroke Statistics—2016 update. *Circulation*. 2015;e111. doi: 10.1161/CIR.0000000000000250.
 5. Centers for Disease Control and Prevention. National diabetes fact sheet: National estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

3 TIPS FOR SUCCESS

Goal setting and making slow changes can help set ourselves up for success.



EAT BETTER

Try eating a diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts while limiting sugary foods and beverages to promote a healthy lifestyle.⁴



GET ACTIVE

Physical activity can help control and reduce type 2 diabetes health effects.⁴



MAINTAIN A HEALTHY WEIGHT

Speak with a medical provider to learn about the recommended type and amount of physical activity necessary to achieve and maintain a healthy weight.⁴



QUIT SMOKING

Having diabetes means you are more likely to die of heart disease or suffer from a stroke. Smoking also increases the risk of these outcomes.⁵

